

PUBLIC HEALTH NURSES CARE FOR 200,000 IN THE SOUTHWEST

Workers in Red Cross Chapters
in Seven States Have
Big Job.

If the 194 public health nurses now working under the emblem of the Red Cross in the Southwestern Division of the American Red Cross were withdrawn tomorrow, more than 200,000 sick and infirm men, women and children would be left without nursing care and advice, according to Miss Olive Chapman, Director of Nursing of the Southwestern Division of the American Red Cross.

The Public Health Nurse is one of the most important officers in the American Red Cross today. Her job is to help the people to get well and to keep well. She teaches mothers how to look after their babies and school children how to avoid illness and disease. She is found in schools, homes, playgrounds, industrial plants, department stores, hospitals, and health centers. Her work is in the small towns and in the big cities, in the rural communities and in the lonely mountain regions of the West. She is wherever there is need for her service, regardless of race, religion or social conditions.

Any form of community work in which the health of the public is concerned is hers. She visits the rich and the poor alike and teaches both the common sense rules of good health. She locates tubercular patients and cares for them, and at the same time teaches the families how to prevent the disease from spreading to other members. She assists in school medical inspection of children and follows defective children into their homes to advise the parents and induce them to act on the advice of the school doctor. She watches over families in which there are contagious diseases, such as diphtheria, scarlet fever, whooping cough and influenza, and teaches the families how to isolate the patient so as to prevent infection.

She takes care of the mother before the baby arrives and builds for the future by showing the mother how to care for her baby. She gives instruction in sanitary living conditions, and even at times in questions of diet. She is the closest point of contact between the great American Red Cross and the public.

There is a known shortage in the United States today of several thousand public health nurses and there is a greater shortage of hospital and private nurses. Many chapters in the Southwestern Division of the American Red Cross maintain public health nurses and conduct work of a greater or less scope through the agency of such a nurse. These chapters are depending upon the membership fees coming in from the annual Red Cross Roll Call to finance their public health nursing program for the coming year. The Roll Call will take place November 11th to 24th, according to announcement given out at the local Red Cross headquarters.

MALNUTRITION IN AMERICA AMONG RICH AND POOR ALIKE

Only four per cent of the children in the plains section in the United States are normal, according to a survey recently made by the American Red Cross and the United States Public Health Service jointly. A large percentage of subnormal children are so because of malnutrition. Malnutrition is answerable for more ill in the child life of America than any other one cause, it has been ascertained, and this condition is found as frequently among the children of the rich as in the families of the poor.

The Red Cross, through its nutrition classes and diet educational work, is endeavoring to correct the widespread condition of under-nourishment and to lay the foundation for a healthier next generation by building up the strength of the children. In the United States there are over 1,000 nutrition classes in which more than 22,000 children are enrolled. In addition to this there are 163 classes in Food Selection with over 1,500 students, all of whom either are in advanced school grades or are adults. With a work of this magnitude, with an effort constantly to increase its scope, the Red Cross hopes in the next few years to teach American children what to eat, when to eat it, and how much of it to eat, so that under-nourishment will no longer be a menace to the health of the nation.

SOUTHWESTERN GIRLS SERVING AS RED CROSS NURSES IN RUSSIA

The American Red Cross Commission to western Russia and the Baltic States, which is under the direction of Lieutenant Colonel Edward W. Ryan, issues a monthly bulletin printed in English, and giving news of the work of the commission. The last number to reach this country is the September issue. In it there is mention of three Southwestern Division workers who had arrived during August. They are Miss Nell W. Crouch, of Lawrence, Kan.; Miss Hazel M. Drake and Miss Gladys S. Nicholson, of Kansas City. They have joined the commission as nurses and bring the total of nurses on the commission's staff up to twelve. Miss Nicholson and Miss Crouch have been assigned to the Libau District, and Miss Drake goes to Kovno.

GOOD ROADS

PNEUMATIC TIRES ARE BEST

Offer Greatest Influence in Reducing
Impact Force on Surface of
Various Roads.

(Prepared by the United States Department
of Agriculture.)

Impact—the force resulting when a truck wheel strikes the surface of a road—depends largely upon the kind and condition of the tire used on the wheel, the bureau of public roads of the United States Department of Agriculture reports after a series of extensive investigations on the subject.

When roads were built to carry the traffic of a few years ago the actual weight or speed of the load was only generally considered. Much attention was paid to the question of whether the traffic was equipped with steel or rubber tires, but a definite analysis of the surface and supporting conditions of the road and a determination of destructive forces were not deemed necessary. The transition from horse-drawn to automobile and truck traffic has changed the surface and strength requirements of the road of today. When the realization came that this heavy and severe traffic was here to stay and that roads would have to be built according to a very careful and thorough design in order to carry this traffic it was found necessary to study very definitely all the forces to which a road is subjected. For two years the bureau of public roads has been working on the problem of obtaining the value of the impact forces on roads.

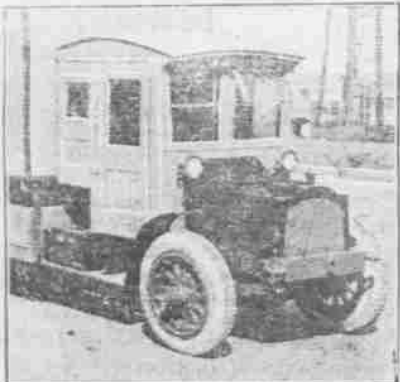
Some high points in their report recently made are:

Thin or worn solid rubber tires, even though they be very wide, produce very high impact forces.

Pneumatic tires offer the greatest influence in reducing impact forces, and with their use the impact increases only very slightly with the speed of the truck.

Cushion tires, that is, tires having a degree of softness and deflection between solids and pneumatics, offer corresponding advantages in reducing impact.

Impact increases with the speed of the truck, but it cannot be said to in-



Pneumatic Tires Reduce Impact on
Surface of Roads.

crease according to any constant ratio or power of the speed.

Although heavy unsprung weight may give higher impact than lighter unsprung weight, it cannot be said that this is the major controlling factor.

The relative destructive effect produced by light-weight, high-speed trucks and heavy, slow-moving trucks has not been determined by these tests. They do, however, indicate that equal impact may be obtained under some conditions.

Impact may be as high as seven times the static load on one rear wheel when a solid-tire truck strikes a 1.1 inch obstruction at 16 miles per hour, an average value being about four times. For pneumatic tires the maximum impact value is probably not more than one and three-fourths times the load at one rear wheel, and an average value is not more than one and one-fourth times the load.

DIFFERENT PAVEMENT COSTS

Figures Given on Various Kinds of
Surfacings Used in Test Made
in Pennsylvania.

The costs of various kinds of surfacings on 3.41 miles of road forming part of a test road built in 1912-1913 by the bureau of highways, Philadelphia, are now available. Twenty-six sections were laid, of which six were bituminous macadam mixed method, eight bituminous penetration macadam, five of concrete base with a bituminous top, seven vitrified brick, says Engineering News-Record. Averaging the first cost, interest at 4 per cent for seven years, and the maintenance, the total cost January 1, 1920, was \$1,7738 per square yard for bituminous macadam penetration sections, as compared with \$2,0776 for bituminous mixed method macadam, \$3,0006 for concrete, and \$3,5109 for brick.

Road Work in Wisconsin.
In Wisconsin, 25,000 men are employed in the construction of 280 miles of concrete highway, 600 bridges, 8,000 culverts, 1,000 miles of gravel road, grading of 2,200 miles of earth road, and patrol maintenance at 7,500 miles of state system.

First Road Legislation.
The first good roads legislation in the United States was enacted in Virginia, by the house of burgesses in 1682.

KANSAS STATE PACKERS ASSOCIATION NOTES

Most of the faculty of Fort Hays Kansas Normal School attended the Kansas State Teachers' Association last Thursday, Friday and Saturday. C. A. Shively represented the institution at Wichita and took part on the rural education roundtable. He also attended the Normal School reunion and banquet as faculty representative at the Topeka meeting and attended the reunion and banquet of Alumni and former students. The other members of the faculty attended at Salina.

The following faculty members appeared on the program: Prof. C. E. Rarick on the College Section and the Rural School Department; Prof. F. W. Albertson on the Agriculture round table; Prof. Floyd B. Lee on the Education and Normal Training round table; Prof. James Start was chairman of the English round table; Dr. Chas. F. Wiest appeared on the English round table; Prof. Ed Davis appeared on the Manual Arts program; Mrs. Maria A. Stevenson on the Primary round table; Prof. E. C. Colin appeared on the Science round table; Prof. L. D. Wooster was chairman of the Science round table; Dr. Chas. F. Wiest was elected chairman of the English round table for next year, and Prof. L. D. Wooster was elected chairman of the College Section.

(First Published in the Hays Free Press, October 20, 1921.)
State of Kansas, Ellis County, ss.
In the Probate Court of Said County and State.

In the Matter of the Estate of Enos M. Miles, Deceased.

Notice of Final Settlement

Creditors and all other persons interested in the aforesaid estate, are hereby notified that on the 14th day of November, 1921, I shall apply to the Probate Court sitting at the Court House in the City of Hays, Ellis County, Kansas, for a final and final settlement of said estate and for an order of the Court finding and adjudging who are the heirs of Enos M. Miles, Deceased.

Attest: J. B. Gross, Probate Judge. Mary E. Miles, Executrix.



M. I. STRAUSS

The well known Eye Specialist and Optometrist, will again be in Ellis, at the U. P. Hotel, November 12. Your children's eyes are very important; have their eyes examined at Ellis, November 12.

Buy
Your
Gifts
by
the
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at
the
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you
Sometimes
Pay
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One
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MARKEL

Worth the Price.
And Tunkins says he never hesitates to lend an umbrella, because it's worth the loss of the umbrella to get rid of a false friend.

For Colds.
A flannel wrung out of boiling water, sprinkled with turpentine and laid on the chest gives relief in colds on the chest.

The Lucky Few.
"Money isn't scarce, according to statistics." "No, but people who have it are."—Judge.

Tell 'Em With Flowers.
Some girls have to be kidded; others have to be arched.

ACT QUICKLY
Do the right thing at the right time.

Act quickly in time of danger. In time of kidney danger, Doan's Kidney Pills are most effective. Ask your neighbor!

Plenty of Hays evidence of their worth.

Mrs. Leo Deliver, Crawford St., Hays, says: "Last fall I began to suffer with my back and kidneys. Mornings on getting up, my back was so sore and weak I could hardly straighten up. There was a heavy, dull ache through my loins and when I stooped over, a sharp pain would shoot through my shoulders and I would become dizzy. I felt tired and drowsy and the action of my kidneys was irregular. I saw Doan's Kidney Pills advertised and got a supply from Harkness' Drug Store. One box entirely rid me of the trouble and I haven't been bothered since."

60c. at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and assisting Nature in restoring normal conditions. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

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Between Acts

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Piano Accordion and
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